

DEPARTMENT OF PUBLIC HEALTH



COUNTY OF SAN BERNARDINO

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FOR IMMEDIATE RELEASE
September 12, 2011
PSA # 11-54

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Latino Health Awareness Month

Highlights Improvement in Fruit and Vegetable Consumption among California Latinos

WHAT: The *Network for a Healthy California (Network)* and El Sol Neighborhood Educational Center will come together on Thursday September 22, 2011 in San Bernardino to commemorate Latino Health Awareness Month and work toward a movement for healthy change. This statewide effort empowers Latinos to make health a priority for themselves, their families and their communities. Free to the public, the day's activities will celebrate the increase in fruit and vegetable consumption among California Latinos and include "Photos for Change" gallery walk, a public round table and informational booths.

WHY: Latino adults have reported increasing fruit and vegetable consumption by nearly 2 servings per day, or 46% since 1997 but there is more work to be done as California Latinos continue to suffer higher rates of obesity. A movement toward healthy change is growing and events like Latino Health Awareness Month are one of the ways the *Network* is bringing communities together to be Champions for Change who stand up for health. Making healthy changes like improving access to affordable fruits and vegetables can help lower the risk of obesity and other serious health problems that disproportionately impact the Latino community such as type 2 diabetes, heart disease and certain types of cancer.

WHEN: Thursday September 22, 2011, 8:30 AM to 12:30 PM

WHERE: Community Hospital of San Bernardino
Henderson Auditorium
1805 Medical Center Drive
San Bernardino, CA 92411
Event entrance and parking- Goodlett Street & Western Avenue

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